

# Sample NutriAdmin 2000 kcal Ketogenic Diet Meal Plan

DAY 1		
Breakfast	Eggs with Spinach	2 serving (328 g)
Lunch	Egg Salad Lettuce Wraps	2 serving (388 g)
Dinner	Garlic Rosemary Chicken with Green Beans	2 serving (402 g)
Snack	Chia Pudding with Berries	2 serving (446 g)
DAY 2		
Breakfast	Mediterranean Omelet	2 serving (540 g)
Lunch	Chicken, Carrots and Tomatoes Salad	1 serving (302 g)
Dinner	Garden Salad with Ground Beef	2 serving (482 g)
Snack	Dark Chocolate (70%-85%)	2 oz (56.7 g)
DAY 3		
Breakfast	Fried Egg	2 large (140 g)
	Bacon	2 slice (52 g)
	Avocado	1/2 avocado (79 g)
Lunch	Pork, Broccoli and Cauliflower Stir Fry	1 serving (228 g)
Dinner	Avocado and Feta Stuffed Omelette	2 serving (614 g)
Snack	Seaweed snacks	1 snack pack (5 g)

**DAY 4**

<b>Breakfast</b>	Keto Avocado Berry Smoothie with Coconut	2 serving (780 g)
<b>Lunch</b>	Pork and Cabbage Skillet	1 serving (366 g)
<b>Dinner</b>	Garlic Beef Meatballs and Zoodles	1 serving (220 g)
<b>Snack</b>	Chicken, Tomato and Avocado Lettuce Wrap	2 serving (500 g)

**DAY 5**

<b>Breakfast</b>	Fried Egg	4 large (280 g)
	Bacon	4 slice (104 g)
	Avocado	1 avocado (158 g)
<b>Lunch</b>	Chicken Salad with Tomatoes and Cucumbers	2 serving (470 g)
<b>Dinner</b>	Mediterranean Veggie Omelette	1 serving (209 g)
<b>Snack</b>	Berries and Agar Jelly Cups (Unsweetened)	1 serving (197 g)

**DAY 6**

<b>Breakfast</b>	Boiled Eggs	1 egg (56 g)
<b>Lunch</b>	Green Beans and Carrots with Tofu	2 serving (576 g)
<b>Dinner</b>	Chicken, Arugula and Avocado Salad	2 serving (812 g)
<b>Snack</b>	Pecan nuts	1 oz (19 halves) (28.4 g)

**DAY 7**

<b>Breakfast</b>	Coconut Milk	2 cup (454 g)
	Coffee (Unsweetened)	2 portion(s) (100 g)
<b>Lunch</b>	Baked Garlic White Fish and Green Beans	2 serving (438 g)
<b>Dinner</b>	Low-Carb Spinach and Salmon Stir-Fry	2 serving (280 g)
<b>Snack</b>	Broccoli, Ham and Cheese Balls	1 serving (91 g)

	BREAKFAST	LUNCH	DINNER	SNACK
D A Y  1	Eggs with Spinach	Egg Salad Lettuce Wraps	Garlic Rosemary Chicken with Green Beans	Chia Pudding with Berries
D A Y  2	Mediterranean Omelet	Chicken, Carrots and Tomatoes Salad	Garden Salad with Ground Beef	Dark Chocolate (70%-85%)
D A Y  3	Fried Egg Bacon Avocado	Pork, Broccoli and Cauliflower Stir Fry	Avocado and Feta Stuffed Omelette	Seaweed snacks
D A Y  4	Keto Avocado Berry Smoothie with Coconut	Pork and Cabbage Skillet	Garlic Beef Meatballs and Zoodles	Chicken, Tomato and Avocado Lettuce Wrap
D A Y  5	Fried Egg Bacon Avocado	Chicken Salad with Tomatoes and Cucumbers	Mediterranean Veggie Omelette	Berries and Agar Jelly Cups (Unsweetened)
D A Y  6	Boiled Eggs	Green Beans and Carrots with Tofu	Chicken, Arugula and Avocado Salad	Pecan nuts
D A Y  7	Coconut Milk Coffee (Unsweetened)	Baked Garlic White Fish and Green Beans	Low-Carb Spinach and Salmon Stir-Fry	Broccoli, Ham and Cheese Balls

## Macronutrient summary

	TOTAL IN PLAN	AVERAGE / DAY
Energy [kcal]	14331.5	2047.4
Protein [g]	867.1	123.9
Fat [g]	1069.3	152.8
Carbs [g]	364.9	52.1
Fiber [g]	159.3	22.8
Net Carbs [g]	205.6	29.4



Protein Fat Carbs

## Macronutrient summary per meal

MEALS	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
AVG/DAY	[KCAL]	[G]	[G]	[G]	[G]	[G]
Breakfast	722	25.1	64.9	14.7	6.3	8.4
Lunch	418.3	37.7	24.6	11.9	5	6.9
Dinner	661.6	48.5	47.1	11.6	5.4	6.2
Snack	245.4	12.6	16.2	13.9	6.1	7.9



Breakfast Lunch Dinner Snack

## Macronutrient summary per day

	ENERGY	PROTEIN	FAT	CARBS	FIBER	NET CARBS
	[KCAL]	[G]	[G]	[G]	[G]	[G]
Day 1	2083.8	128.1	146.6	65.4	27.4	38
Day 2	2090.1	111.8	155.4	62.6	15.1	47.5
Day 3	2031.9	109.4	162.9	37.7	23	14.7
Day 4	2067.4	123.3	149.1	77.3	37.5	39.8
Day 5	2031.5	108.2	159.6	44.1	17.5	26.6
Day 6	2088.7	148.3	146.5	50.3	34.3	16
Day 7	1938.1	138.1	149.1	27.6	4.5	23.1

# Day 1 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Eggs with Spinach 2 serving (328 g)	569.7	28.4	47.6	8.2	3	5.2
<b>TOTAL FOR BREAKFAST</b>	<b>569.7</b>	<b>28.4</b>	<b>47.6</b>	<b>8.2</b>	<b>3</b>	<b>5.2</b>
Lunch						
Egg Salad Lettuce Wraps 2 serving (388 g)	875.3	39.2	76.2	4.9	0.8	4.1
<b>TOTAL FOR LUNCH</b>	<b>875.3</b>	<b>39.2</b>	<b>76.2</b>	<b>4.9</b>	<b>0.8</b>	<b>4.1</b>
Dinner						
Garlic Rosemary Chicken with Green Beans 2 serving (402 g)	326.2	51.8	6.3	15.2	4.6	10.6
<b>TOTAL FOR DINNER</b>	<b>326.2</b>	<b>51.8</b>	<b>6.3</b>	<b>15.2</b>	<b>4.6</b>	<b>10.6</b>
Snack						
Chia Pudding with Berries 2 serving (446 g)	312.7	8.7	16.6	37.1	19	18.1
<b>TOTAL FOR SNACK</b>	<b>312.7</b>	<b>8.7</b>	<b>16.6</b>	<b>37.1</b>	<b>19</b>	<b>18.1</b>
<b>TOTAL FOR DAY 1</b>	<b>2083.8</b>	<b>128.1</b>	<b>146.6</b>	<b>65.4</b>	<b>27.4</b>	<b>38</b>

## Day 2 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Mediterranean Omelet</b> 2 serving (540 g)	700.2	37.5	55.1	15.3	4.4	10.9
<b>TOTAL FOR BREAKFAST</b>	<b>700.2</b>	<b>37.5</b>	<b>55.1</b>	<b>15.3</b>	<b>4.4</b>	<b>10.9</b>
<b>Lunch</b>						
<b>Chicken, Carrots and Tomatoes Salad</b> 1 serving (302 g)	243.8	25.8	10.2	12.4	3	9.4
<b>TOTAL FOR LUNCH</b>	<b>243.8</b>	<b>25.8</b>	<b>10.2</b>	<b>12.4</b>	<b>3</b>	<b>9.4</b>
<b>Dinner</b>						
<b>Garden Salad with Ground Beef</b> 2 serving (482 g)	807	44	66	8.9	1.5	7.4
<b>TOTAL FOR DINNER</b>	<b>807</b>	<b>44</b>	<b>66</b>	<b>8.9</b>	<b>1.5</b>	<b>7.4</b>
<b>Snack</b>						
<b>Dark Chocolate (70%-85%)</b> 2 oz (56.7 g)	339.1	4.4	24.2	26	6.2	19.8
<b>TOTAL FOR SNACK</b>	<b>339.1</b>	<b>4.4</b>	<b>24.2</b>	<b>26</b>	<b>6.2</b>	<b>19.8</b>
<b>TOTAL FOR DAY 2</b>	<b>2090.1</b>	<b>111.8</b>	<b>155.4</b>	<b>62.6</b>	<b>15.1</b>	<b>47.5</b>

## Day 3 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Fried Egg</b> 2 large (140 g)	274.4	19.1	20.8	1.2	0	1.2
<b>Bacon</b> 2 slice (52 g)	211.6	6.5	20.4	0.4	0	0.4
<b>Avocado</b> 1/2 avocado (79 g)	125.4	1.6	11.6	6.7	5.3	1.4
<b>TOTAL FOR BREAKFAST</b>	<b>612.4</b>	<b>27.1</b>	<b>52.8</b>	<b>8.3</b>	<b>5.3</b>	<b>3</b>
<b>Lunch</b>						
<b>Pork, Broccoli and Cauliflower Stir Fry</b> 1 serving (228 g)	204.5	27.3	7.8	6.4	2.3	4.1
<b>TOTAL FOR LUNCH</b>	<b>204.5</b>	<b>27.3</b>	<b>7.8</b>	<b>6.4</b>	<b>2.3</b>	<b>4.1</b>
<b>Dinner</b>						
<b>Avocado and Feta Stuffed Omelette</b> 2 serving (614 g)	1199.8	52.6	102.1	22.9	13.7	9.2
<b>TOTAL FOR DINNER</b>	<b>1199.8</b>	<b>52.6</b>	<b>102.1</b>	<b>22.9</b>	<b>13.7</b>	<b>9.2</b>
<b>Snack</b>						
<b>Seaweed snacks</b> 1 snack pack (5 g)	15.2	2.3	0.2	0.1	1.7	-1.6
<b>TOTAL FOR SNACK</b>	<b>15.2</b>	<b>2.3</b>	<b>0.2</b>	<b>0.1</b>	<b>1.7</b>	<b>-1.6</b>
<b>TOTAL FOR DAY 3</b>	<b>2031.9</b>	<b>109.4</b>	<b>162.9</b>	<b>37.7</b>	<b>23</b>	<b>14.7</b>

## Day 4 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
Breakfast						
Keto Avocado Berry Smoothie with Coconut 2 serving (780 g)	963.8	11.8	90.8	40.9	21	19.9
<b>TOTAL FOR BREAKFAST</b>	<b>963.8</b>	<b>11.8</b>	<b>90.8</b>	<b>40.9</b>	<b>21</b>	<b>19.9</b>
Lunch						
Pork and Cabbage Skillet 1 serving (366 g)	235.9	26.9	8.1	16.3	6	10.3
<b>TOTAL FOR LUNCH</b>	<b>235.9</b>	<b>26.9</b>	<b>8.1</b>	<b>16.3</b>	<b>6</b>	<b>10.3</b>
Dinner						
Garlic Beef Meatballs and Zoodles 1 serving (220 g)	193.6	26.4	7.5	4.5	1.1	3.4
<b>TOTAL FOR DINNER</b>	<b>193.6</b>	<b>26.4</b>	<b>7.5</b>	<b>4.5</b>	<b>1.1</b>	<b>3.4</b>
Snack						
Chicken, Tomato and Avocado Lettuce Wrap 2 serving (500 g)	674.1	58.2	42.7	15.6	9.5	6.1
<b>TOTAL FOR SNACK</b>	<b>674.1</b>	<b>58.2</b>	<b>42.7</b>	<b>15.6</b>	<b>9.5</b>	<b>6.1</b>
<b>TOTAL FOR DAY 4</b>	<b>2067.4</b>	<b>123.3</b>	<b>149.1</b>	<b>77.3</b>	<b>37.5</b>	<b>39.8</b>



## Day 5 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Fried Egg</b> 4 large (280 g)	548.8	38.1	41.6	2.3	0	2.3
<b>Bacon</b> 4 slice (104 g)	423.3	13	40.8	0.9	0	0.9
<b>Avocado</b> 1 avocado (158 g)	252.8	3.2	23.2	13.5	10.6	2.9
<b>TOTAL FOR BREAKFAST</b>	<b>1224.9</b>	<b>54.3</b>	<b>105.6</b>	<b>16.7</b>	<b>10.6</b>	<b>6.1</b>
<b>Lunch</b>						
<b>Chicken Salad with Tomatoes and Cucumbers</b> 2 serving (470 g)	414	37.6	23.9	11.8	3.2	8.6
<b>TOTAL FOR LUNCH</b>	<b>414</b>	<b>37.6</b>	<b>23.9</b>	<b>11.8</b>	<b>3.2</b>	<b>8.6</b>
<b>Dinner</b>						
<b>Mediterranean Veggie Omelette</b> 1 serving (209 g)	352.6	16	29.7	6	1.6	4.4
<b>TOTAL FOR DINNER</b>	<b>352.6</b>	<b>16</b>	<b>29.7</b>	<b>6</b>	<b>1.6</b>	<b>4.4</b>
<b>Snack</b>						
<b>Berries and Agar Jelly Cups (Unsweetened)</b> 1 serving (197 g)	40	0.3	0.5	9.6	2.1	7.5
<b>TOTAL FOR SNACK</b>	<b>40</b>	<b>0.3</b>	<b>0.5</b>	<b>9.6</b>	<b>2.1</b>	<b>7.5</b>
<b>TOTAL FOR DAY 5</b>	<b>2031.5</b>	<b>108.2</b>	<b>159.6</b>	<b>44.1</b>	<b>17.5</b>	<b>26.6</b>

## Day 6 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Boiled Eggs</b> 1 egg (56 g)	86.8	7	5.9	0.6	0	0.6
<b>TOTAL FOR BREAKFAST</b>	<b>86.8</b>	<b>7</b>	<b>5.9</b>	<b>0.6</b>	<b>0</b>	<b>0.6</b>
<b>Lunch</b>						
<b>Green Beans and Carrots with Tofu</b> 2 serving (576 g)	474.3	36.9	25.7	24.7	17.1	7.6
<b>TOTAL FOR LUNCH</b>	<b>474.3</b>	<b>36.9</b>	<b>25.7</b>	<b>24.7</b>	<b>17.1</b>	<b>7.6</b>
<b>Dinner</b>						
<b>Chicken, Arugula and Avocado Salad</b> 2 serving (812 g)	1331.7	101.8	94.5	21.1	14.5	6.6
<b>TOTAL FOR DINNER</b>	<b>1331.7</b>	<b>101.8</b>	<b>94.5</b>	<b>21.1</b>	<b>14.5</b>	<b>6.6</b>
<b>Snack</b>						
<b>Pecan nuts</b> 1 oz (19 halves) (28.4 g)	195.9	2.6	20.4	3.9	2.7	1.2
<b>TOTAL FOR SNACK</b>	<b>195.9</b>	<b>2.6</b>	<b>20.4</b>	<b>3.9</b>	<b>2.7</b>	<b>1.2</b>
<b>TOTAL FOR DAY 6</b>	<b>2088.7</b>	<b>148.3</b>	<b>146.5</b>	<b>50.3</b>	<b>34.3</b>	<b>16</b>

## Day 7 macronutrient breakdown

FOOD	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]	NET CARBS [G]
<b>Breakfast</b>						
<b>Coconut Milk</b> 2 cup (454 g)	894.4	9.2	96.8	12.8	0	12.8
<b>Coffee (Unsweetened)</b> 2 portion(s) (100 g)	2	0.3	0	0.2	0	0.2
<b>TOTAL FOR BREAKFAST</b>	<b>896.4</b>	<b>9.5</b>	<b>96.8</b>	<b>13</b>	<b>0</b>	<b>13</b>
<b>Lunch</b>						
<b>Baked Garlic White Fish and Green Beans</b> 2 serving (438 g)	480.5	70.1	20	6.7	2.3	4.4
<b>TOTAL FOR LUNCH</b>	<b>480.5</b>	<b>70.1</b>	<b>20</b>	<b>6.7</b>	<b>2.3</b>	<b>4.4</b>
<b>Dinner</b>						
<b>Low-Carb Spinach and Salmon Stir-Fry</b> 2 serving (280 g)	420.5	47.1	23.6	2.8	1	1.8
<b>TOTAL FOR DINNER</b>	<b>420.5</b>	<b>47.1</b>	<b>23.6</b>	<b>2.8</b>	<b>1</b>	<b>1.8</b>
<b>Snack</b>						
<b>Broccoli, Ham and Cheese Balls</b> 1 serving (91 g)	140.7	11.4	8.7	5.1	1.2	3.9
<b>TOTAL FOR SNACK</b>	<b>140.7</b>	<b>11.4</b>	<b>8.7</b>	<b>5.1</b>	<b>1.2</b>	<b>3.9</b>
<b>TOTAL FOR DAY 7</b>	<b>1938.1</b>	<b>138.1</b>	<b>149.1</b>	<b>27.6</b>	<b>4.5</b>	<b>23.1</b>

# Eggs with Spinach

🕒 20 min 🍽️ 2 servings

285 Kcal / serving

14g Protein 24g Fat 4g Carbs

## Ingredients

- Eggs, 4 large (200 g)
- Basil, 1/2 teaspoon (0.5 g)
- Oregano, 1/2 teaspoons (1 g)
- Salt, 1/4 teaspoon (1.4 g)
- Olive oil, 2 servings (28 g)
- Garlic, 2 clove (6 g)
- Baby spinach, 3 cup (90 g)
- Pepper flakes, 1/4 teaspoon (0.5 g)
- Pepper, 1/4 tsp (0.5 g)



## Instructions

Heat the oil in a large skillet over medium heat. Add the garlic, red pepper flakes, oregano, basil, salt, and pepper. Cook, stirring, until fragrant, about 1 minute.

Add the spinach and cook, stirring, until wilted, about 2 minutes.

Crack the eggs into the skillet and cook until whites are set and yolks are still runny, about 4 minutes.

Serve immediately.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	569.7	173.7	284.9
Protein [g]	28.4	8.7	14.2
Fat [g]	47.6	14.5	23.8
Carbs [g]	8.2	2.5	4.1
Fiber [g]	3	0.9	1.5
Net Carbs [g]	5.2	1.6	2.6



Protein Fat Carbs

# Avocado and Feta Stuffed Omelette

🕒 11 min    🍽️ 1 serving

600 Kcal / serving

26g Protein    51g Fat    11g Carbs

## Ingredients

- **Avocado**, 1/2 avocado, ns as to florida or california (100.5 g)
- **Feta cheese**, 1/4 cup (37.6 g)
- **Eggs**, 3 large (150 g)
- **Olive oil**, 1 servings (14 g)
- **Parsley**, 1 tablespoon (4 g)
- **Salt and pepper**, 1 serving (0.5 g)



## Instructions

In a bowl, whisk the eggs until well beaten. Season with salt and pepper.

Heat olive oil in a non-stick skillet over medium heat.

Pour the beaten eggs into the skillet and cook for 2-3 minutes, or until the edges start to set.

Sprinkle feta cheese, diced avocado, and chopped parsley over one half of the omelette.

Using a spatula, fold the other half of the omelette over the filling.

Cook for another 2-3 minutes, or until the omelette is cooked through and the cheese is melted.

Slide the omelette onto a plate and serve hot.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	599.9	195.6	599.9
Protein [g]	26.3	8.6	26.3
Fat [g]	51	16.6	51
Carbs [g]	11.4	3.7	11.4
Fiber [g]	6.9	2.3	6.9
Net Carbs [g]	4.5	1.5	4.5



Protein Fat Carbs

# Chicken Salad with Tomatoes and Cucumbers

🕒 10 min 🍽️ 4 servings

207 Kcal / serving

19g Protein 12g Fat 6g Carbs

## Ingredients

- Lemon juice, 2 tablespoons (30 g)
- Freshly parsley, 2 tablespoon (8 g)
- Chicken, 2 cup, chopped or diced (280 g)
- Cucumber, 1 cucumber (300 g)
- Olive oil, 2 servings (28 g)
- Tomatoes, 2 medium whole (2-3/5" dia) (246 g)
- Onion, 1/4 cup (40 g)
- Dijon mustard, 1 teaspoon (5 g)
- Garlic powder, 1/2 teaspoon (1.5 g)
- Salt and pepper, 1 tsp (2 g)



## Instructions

In a large bowl, combine the chicken, tomatoes, cucumber, and red onion. Add the parsley and stir to combine.

In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard, garlic powder, salt, and pepper. Pour the dressing over the salad and toss to combine.

Serve chilled or at room temperature.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	828.9	88.1	207.2
Protein [g]	75.2	8	18.8
Fat [g]	47.9	5.1	12
Carbs [g]	23.7	2.5	5.9
Fiber [g]	6.4	0.7	1.6
Net Carbs [g]	17.3	1.8	4.3



Protein Fat Carbs

# Keto Avocado Berry Smoothie with Coconut

🕒 5 min    🍷 2 servings

482 Kcal / serving

6g Protein    45g Fat    21g Carbs

## Ingredients

- **Vanilla extract**, 1 teaspoons (4 g)
- **Avocado**, 1 avocado (203 g)
- **Berries**, 1/2 cup (77.5 g)
- **Coconut flakes**, 1 tsp (5 g)
- **Chia seeds**, 1 tbsp (12 g)
- **Ice cubes**, 1 cup (236.6 g)
- **Coconut Cream**, 1 tbsp (15 g)
- **Coconut Milk**, 1 cup (227 g)



## Instructions

Cut the avocado in half, remove the pit, and scoop out the flesh.

In a blender, combine the avocado, coconut milk, frozen berries, chia seeds, coconut cream, coconut flakes, vanilla extract, and ice cubes.

Blend until smooth and creamy.

Taste and add stevia or any keto-friendly sweetener if desired.

Pour into glasses and serve chilled.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	963.8	123.6	481.9
Protein [g]	11.8	1.5	5.9
Fat [g]	90.8	11.6	45.4
Carbs [g]	40.9	5.2	20.5
Fiber [g]	21	2.7	10.5
Net Carbs [g]	19.9	2.6	10



Protein Fat Carbs

# Mediterranean Veggie Omelette

🕒 20 min    🍽️ 2 servings

352 Kcal / serving

16g Protein    30g Fat    6g Carbs

## Ingredients

- Feta cheese, 1/4 cup (36.2 g)
- Eggs, 4 large (200 g)
- Olive oil, 2 tablespoon (27 g)
- Onion, 1/4 cup (38.5 g)
- Tomato, 1/4 cup (35.8 g)
- Bell pepper, 1/4 cup (37.3 g)
- Olives, 1/4 cup (33.8 g)
- Parsley, 2 tablespoons (8 g)
- Salt and pepper, 2 servings (1 g)



## Instructions

Heat 1 tablespoon of olive oil in a non-stick skillet over medium heat.

Add the diced onion and bell pepper to the skillet and sauté for 2-3 minutes until softened.

Add the diced tomato and sliced black olives to the skillet and cook for another 2 minutes.

In a separate bowl, whisk together the eggs, chopped parsley, salt, and pepper.

Pour the egg mixture into the skillet with the sautéed vegetables.

Cook the omelette for 3-4 minutes until the edges are set.

Sprinkle the crumbled feta cheese evenly over the omelette.

Using a spatula, fold the omelette in half and continue cooking for another 2 minutes until the cheese melts and the omelette is cooked through.

Remove from heat and let it cool slightly before serving.

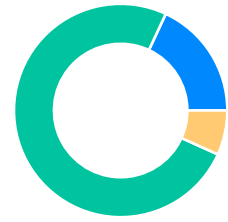
Garnish with additional parsley if desired.

Serve the Mediterranean Veggie Omelette hot and enjoy!



## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	703.6	168.5	351.8
Protein [g]	32	7.7	16
Fat [g]	59.2	14.2	29.6
Carbs [g]	12	2.9	6
Fiber [g]	3.2	0.8	1.6
Net Carbs [g]	8.8	2.1	4.4



Protein Fat Carbs

# Low-Carb Spinach and Salmon Stir-Fry

🕒 20 min 🍽️ 4 servings

210 Kcal / serving

24g Protein 12g Fat 1g Carbs

## Ingredients

- Olive oil, 1 servings (14 g)
- Sesame oil, 1 teaspoon (4 g)
- Garlic, 2 cloves (6 g)
- Soy sauce, 1 tbsp (18 g)
- Salmon fillets, 1 lb (453.6 g)
- Spinach leaves, 2 cups (60 g)
- Pepper flakes, 1/2 teaspoon (1 g)
- Salt and pepper, 1 tsp (2 g)



## Instructions

Heat olive oil in a large skillet over medium-high heat.

Add minced garlic and cook for 1-2 minutes until fragrant.

Cut salmon fillets into bite-sized pieces and season with salt and pepper.

Add salmon to the skillet and cook for 3-4 minutes, stirring occasionally.

Add spinach leaves, soy sauce, sesame oil, and red pepper flakes to the skillet.

Continue cooking for another 2-3 minutes until the spinach wilts and salmon is cooked through.

Remove from heat and serve hot.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	839.5	150.3	209.9
Protein [g]	94.1	16.8	23.5
Fat [g]	47.2	8.5	11.8
Carbs [g]	5.6	1	1.4
Fiber [g]	1.9	0.3	0.5
Net Carbs [g]	3.7	0.7	0.9



Protein Fat Carbs

# Chicken, Arugula and Avocado Salad

🕒 20 min    🍽️ 2 servings

666 Kcal / serving

51g Protein   47g Fat   11g Carbs

## Ingredients

- Avocado, 1 avocado (193 g)
- Apple cider vinegar, 2 tablespoons (30 g)
- Arugula, 4 cup (80 g)
- Chicken breasts, 2 small breast (450 g)
- Extra virgin olive oil, 1/4 cup (54 g)
- Garlic powder, 1/2 teaspoon (1.5 g)
- Sea salt, 1/2 tsp (3 g)
- Pepper, 1/4 tsp (0.5 g)



## Instructions

Preheat your grill or stovetop grill pan over medium-high heat.

Season the chicken breasts with garlic powder, sea salt, and black pepper (if using).

Grill the chicken breasts for about 6-8 minutes per side until cooked through.

Remove the chicken from the grill and let it rest for a few minutes.

Meanwhile, in a small bowl, whisk together the olive oil, apple cider vinegar, sea salt, and black pepper (if using).

Slice the grilled chicken into thin strips.

In a large bowl, combine the arugula, avocado slices, and sliced chicken.

Drizzle the dressing over the salad and toss gently to combine.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1331.7	164	665.9
Protein [g]	101.8	12.5	50.9
Fat [g]	94.5	11.6	47.3
Carbs [g]	21.1	2.6	10.6
Fiber [g]	14.5	1.8	7.3
Net Carbs [g]	6.6	0.8	3.3



Protein Fat Carbs

# Egg Salad Lettuce Wraps

🕒 10 min 🍽️ 2 servings

437 Kcal / serving

20g Protein 38g Fat 3g Carbs

## Ingredients

- Hardboiled eggs, 6 large (300 g)
- Dill, 1 tablespoon (0.4 g)
- Mayonnaise, 1/4 cup (58.3 g)
- Chives, 1 tbsp (2.9 g)
- Dijon mustard, 1 tablespoon (15 g)
- Salt and pepper, 1 tsp (2 g)
- Lettuce leaves, 8 leaves (8 g)



## Instructions

Peel and chop the hard-boiled eggs.

In a bowl, combine the chopped eggs, mayonnaise, Dijon mustard, dill, chives, salt, and pepper. Mix well to combine.

Place a lettuce leaf on a clean surface. Spoon a portion of the egg salad onto the center of the lettuce leaf.

Add desired toppings, such as sliced tomatoes, sliced avocado, or bacon bits.

Fold the sides of the lettuce leaf over the egg salad, then roll it up tightly to form a wrap.

Repeat with the remaining lettuce leaves and egg salad.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	873	225.8	436.5
Protein [g]	39.1	10.1	19.6
Fat [g]	76	19.7	38
Carbs [g]	4.9	1.3	2.5
Fiber [g]	0.8	0.2	0.4
Net Carbs [g]	4.1	1.1	2.1



Protein Fat Carbs



# Garden Salad with Ground Beef

🕒 15 min 🍽️ 4 servings

404 Kcal / serving

22g Protein 33g Fat 4g Carbs

## Ingredients

- Feta cheese, 1/4 cup (39.2 g)
- Lemon juice, 2 tablespoons (30 g)
- Cucumber, 1/2 cup (64.1 g)
- Olive oil, 2 tablespoon (27 g)
- Ground beef, 1 pound (454 g)
- Greens, 4 cups (160 g)
- Cherry tomatoes, 1 cup (149 g)
- Olives, 1/4 cup (33.8 g)
- Dijon mustard, 1 teaspoon (5 g)
- Salt and pepper, 1 tsp (2 g)



## Instructions

In a large skillet, cook the ground beef over medium-high heat until browned and cooked through. Drain any excess fat.

In a large bowl, combine the mixed greens, cherry tomatoes, cucumber, black olives, and feta cheese.

In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard, salt, and pepper.

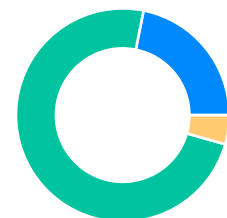
Pour the dressing over the salad and toss to coat.

Divide the salad onto plates and top with the cooked ground beef.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1614	167.4	403.5
Protein [g]	88	9.1	22
Fat [g]	131.9	13.7	33
Carbs [g]	17.7	1.8	4.4
Fiber [g]	2.9	0.3	0.7
Net Carbs [g]	14.8	1.5	3.7



Protein Fat Carbs

# Mediterranean Omelet

🕒 20 min    🍽️ 1 serving

350 Kcal / serving

19g Protein    28g Fat    8g Carbs

## Ingredients

- Feta cheese, 2 tbsp (34.1 g)
- Eggs, 2 large (100 g)
- Olive oil, 2 teaspoons (8 g)
- Zucchini, 1/4 cup, chopped (31 g)
- Tomatoes, 1/4 cup (37.2 g)
- Bell peppers, 1/4 cup (37.3 g)
- Olives, 2 tablespoons (16 g)
- Parsley, 1 tablespoon (4 g)
- Salt and pepper, 1 tsp (2 g)



## Instructions

In a bowl, whisk the eggs until well beaten. Set aside.

Heat olive oil in a non-stick skillet over medium heat.

Add the bell peppers and zucchini to the skillet and sauté for 2-3 minutes until slightly softened.

Add the tomatoes and black olives to the skillet and sauté for another 1-2 minutes.

Pour the beaten eggs into the skillet, spreading them evenly over the vegetables.

Cook the omelet for 2-3 minutes until the edges start to set.

Sprinkle the feta cheese and parsley over one half of the omelet.

Fold the other half of the omelet over the filling.

Continue cooking for another 1-2 minutes until the cheese is melted and the omelet is cooked through.

Season with salt and pepper to taste.

Remove the omelet from the skillet and serve hot.



## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	350.1	129.9	350.1
Protein [g]	18.8	7	18.8
Fat [g]	27.5	10.2	27.5
Carbs [g]	7.6	2.8	7.6
Fiber [g]	2.2	0.8	2.2
Net Carbs [g]	5.4	2	5.4



Protein Fat Carbs

# Chicken, Tomato and Avocado Lettuce Wrap

🕒 15 min 🍽️ 2 servings

337 Kcal / serving

29g Protein 21g Fat 8g Carbs

## Ingredients

- **Avocado**, 1/2 avocado, ns as to florida or california (100.5 g)
- **Mayonnaise**, 2 tablespoon (28 g)
- **Lettuce leaves**, 4 leaf, large (60 g)
- **Chicken breast**, 1 cooked chicken breasts (172 g)
- **Tomato**, 1 medium whole (2-3/5" dia) (123 g)
- **Dijon mustard**, 1 tablespoon (15 g)
- **Salt and pepper**, 2 servings (1 g)



## Instructions

Wash and dry the lettuce leaves, then set them aside.

In a small bowl, mix together the mayonnaise and Dijon mustard. Season with salt and pepper.

Lay one lettuce leaf flat on a plate. Spread a thin layer of the mayo-mustard mixture on the lettuce leaf.

Place a few slices of chicken breast on top of the sauce.

Add a slice of tomato, and avocado.

Fold the sides of the lettuce leaf over the filling, then roll it up tightly like a burrito.

Repeat the process with the remaining lettuce leaves and ingredients.

Serve the lettuce wraps immediately.

Enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	674.1	135	337.1
Protein [g]	58.2	11.7	29.1
Fat [g]	42.7	8.5	21.4
Carbs [g]	15.6	3.1	7.8
Fiber [g]	9.5	1.9	4.8
Net Carbs [g]	6.1	1.2	3.1



Protein Fat Carbs



# Pork and Cabbage Skillet

🕒 20 min    🍽️ 4 servings

236 Kcal / serving

27g Protein   8g Fat   16g Carbs

## Ingredients

- **Apple cider vinegar**, 1 tablespoon (15.1 g)
- **Oregano**, 1 teaspoons (2 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Carrots**, 2 medium (121.4 g)
- **Onion**, 1 small (74 g)
- **Garlic**, 2 portion (6 g)
- **Cabbage**, 1 small head (714.1 g)
- **Coconut oil**, 1 tablespoons (13.1 g)
- **Water**, 1/4 cup (61.7 g)
- **Sea salt**, 1/2 tsp (3 g)
- **lean ground pork**, 1 lb (454 g)



## Instructions

In a large skillet, heat coconut oil over medium heat.

Add diced onion and minced garlic to the skillet and sauté until fragrant.

Add ground pork to the skillet and cook until browned, breaking it up into smaller pieces with a spatula.

Add shredded cabbage and carrots to the skillet, stirring well to combine with the pork.

Pour apple cider vinegar over the mixture and sprinkle with dried thyme, dried oregano, and sea salt.

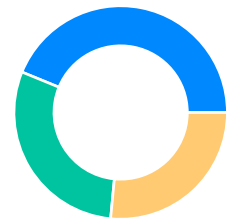
Pour water into the skillet, cover, and let simmer for 10-15 minutes or until the cabbage is tender.

Remove from heat and let it rest for a few minutes before serving.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	944	64.4	236
Protein [g]	107.5	7.3	26.9
Fat [g]	32.4	2.2	8.1
Carbs [g]	65	4.4	16.3
Fiber [g]	23.9	1.6	6
Net Carbs [g]	41.1	2.8	10.3



Protein Fat Carbs

# Green Beans and Carrots with Tofu

🕒 15 min    🍽️ 4 servings

237 Kcal / serving

19g Protein    13g Fat    12g Carbs

## Ingredients

- Carrots, 2 large (7-1/4" to 8-1/2" long) (144 g)
- green beans, 1 lb (453.6 g)
- Olive oil, 1 tablespoon (13.5 g)
- Garlic, 2 cloves (6 g)
- Soy sauce, 2 tbsp (36 g)
- Tofu, firm, cubed, 4 portion(s) (500 g)



## Instructions

In a large skillet, heat some oil over medium-high heat.

Add the tofu to the skillet and cook until they are browned and cooked through, about 5-7 minutes.

Remove the tofu from the skillet and set aside.

In the same skillet, add the green beans, carrots, and minced garlic.

Stir-fry the vegetables for about 5 minutes, or until they are tender-crisp.

Return the cooked tofu to the skillet.

Pour the soy sauce over the tofu and vegetables.

Stir everything together and cook for an additional 2-3 minutes.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	949.5	82.3	237.4
Protein [g]	73.8	6.4	18.5
Fat [g]	51.4	4.5	12.9
Carbs [g]	49.4	4.3	12.4
Fiber [g]	34.2	3	8.5
Net Carbs [g]	15.2	1.3	3.8



Protein Fat Carbs



# Chicken, Carrots and Tomatoes Salad

🕒 20 min    🍽️ 2 servings

244 Kcal / serving

26g Protein    10g Fat    12g Carbs

## Ingredients

- **Lemon juice**, 2 tablespoons (30 g)
- **Carrots**, 1 cup chopped (128 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Chicken breasts**, 1 small breast (225 g)
- **Cherry tomatoes**, 1 cup (149 g)
- **Onions**, 1/4 cup (40 g)
- **Dijon mustard**, 1 tablespoon (15 g)
- **Salt and pepper**, 1 tsp (2 g)



## Instructions

Season the chicken breasts with salt and pepper.

Heat 1 tablespoon of olive oil in a skillet over medium heat.

Cook the chicken breasts for 4-5 minutes on each side, or until cooked through.

Remove the chicken from the skillet and let it rest for a few minutes.

Slice the chicken into thin strips.

In a large bowl, combine the salad greens, cherry tomatoes, shredded carrots, and red onions..

In a small bowl, whisk together the remaining olive oil, lemon juice, Dijon mustard, salt, and pepper.

Pour the dressing over the salad and toss to combine.

Divide the salad onto plates and top with the sliced chicken.

Serve immediately.



## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	485.9	80.8	243.5
Protein [g]	51.6	8.6	25.8
Fat [g]	20.4	3.4	10.2
Carbs [g]	24.8	4.1	12.4
Fiber [g]	6	1	3
Net Carbs [g]	18.8	3.1	9.4



Protein Fat Carbs

# Pork, Broccoli and Cauliflower Stir Fry

🕒 15 min 🍽️ 4 servings

204 Kcal / serving

27g Protein 8g Fat 6g Carbs

## Ingredients

- Sesame oil, 1 tablespoon (14 g)
- Soy sauce, 1/4 cup (60.4 g)
- Broccoli florets, 2 cups (182 g)
- Cauliflower florets, 2 cups (200 g)
- Pork Tenderloin, 1 pound (453.6 g)



## Instructions

Heat sesame oil in a large skillet or wok over medium-high heat.

Add pork strips and cook until browned and cooked through, about 5 minutes.

Remove pork from skillet and set aside.

In the same skillet, add broccoli and cauliflower florets.

Stir fry for 5 minutes until vegetables are tender-crisp.

Return pork to the skillet and pour soy sauce over the mixture.

Stir well to coat everything evenly and cook for an additional 2 minutes.

Enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	816.2	89.7	204.1
Protein [g]	109	12	27.3
Fat [g]	31.3	3.4	7.8
Carbs [g]	25.4	2.8	6.4
Fiber [g]	9.2	1	2.3
Net Carbs [g]	16.2	1.8	4.1



Protein Fat Carbs



# Chia Pudding with Berries

🕒 20 min 🍽️ 2 servings

156 Kcal / serving

4g Protein 8g Fat 19g Carbs

## Ingredients

- Berries, 1 cups (155 g)
- Chia seeds, 1/4 cup (40.9 g)
- Almond milk, 1 cup (250 g)



## Instructions

In a bowl, combine chia seeds and almond milk.

Whisk the mixture well to avoid any clumps.

Let the mixture sit for 5 minutes, and then whisk again to break up any clumps.

Cover the bowl and refrigerate for at least 15 minutes or until the chia pudding thickens.

Once the chia pudding is ready, layer it with mixed berries in serving glasses or bowls.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	312.7	70.1	156.4
Protein [g]	8.7	2	4.4
Fat [g]	16.6	3.7	8.3
Carbs [g]	37.1	8.3	18.6
Fiber [g]	19	4.3	9.5
Net Carbs [g]	18.1	4.1	9.1



Protein Fat Carbs

# Garlic Beef Meatballs and Zoodles

🕒 20 min 🍽️ 4 servings

194 Kcal / serving

26g Protein 8g Fat 5g Carbs

## Ingredients

- Zucchini, 2 medium (392 g)
- Garlic, minced, 6 clove (18 g)
- Salt and pepper, 1 tsp (2 g)
- lean ground beef, 1 pound (454 g)
- Olive Oil, 1 tablespoon (15 g)



## Instructions

In a large bowl, combine the ground beef, half of the minced garlic, salt, and pepper. Mix well.

Shape the mixture into small meatballs, about 1 inch in diameter.

Heat a skillet over medium heat and add the olive oil and the remaining garlic. Place the meatballs in the skillet and cook for about 10-12 minutes, turning occasionally, until browned and cooked through.

While the meatballs are cooking, spiralize the zucchinis into zoodles using a spiralizer.

In a separate skillet, heat a little olive oil over medium heat. Add the zoodles and sauté for about 5 minutes until tender.

Serve the garlic beef meatballs over the zoodles and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	775.4	88	193.9
Protein [g]	105.7	12	26.4
Fat [g]	30	3.4	7.5
Carbs [g]	18.1	2.1	4.5
Fiber [g]	4.3	0.5	1.1
Net Carbs [g]	13.8	1.6	3.5



Protein Fat Carbs

# Baked Garlic White Fish and Green Beans

🕒 20 min 🍽️ 4 servings

240 Kcal / serving

35g Protein 10g Fat 3g Carbs

## Ingredients

- Olive oil, 2 servings (28 g)
- Salt and pepper, 2 tsp (4 g)
- Garlic powder, 1 teaspoon (3 g)
- Fish, 4 fillet (680 g)
- Green Beans, 4 portion(s) (160 g)



## Instructions

Preheat the oven to 400°F (200°C).

Place the white fish fillets and green beans on a baking sheet.

Drizzle olive oil over the fish and green beans, then sprinkle with garlic powder, salt, and pepper.

Toss the green beans to coat evenly with the oil and seasonings.

Bake in the preheated oven for 12-15 minutes, or until the fish is cooked through and the asparagus is tender.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	959.9	109.7	240
Protein [g]	140	16	35
Fat [g]	39.9	4.6	10
Carbs [g]	13.3	1.5	3.3
Fiber [g]	4.6	0.5	1.2
Net Carbs [g]	8.7	1	2.2



Protein Fat Carbs

# Garlic Rosemary Chicken with Green Beans

🕒 15 min 🍽️ 2 servings

163 Kcal / serving

26g Protein 3g Fat 8g Carbs

## Ingredients

- Rosemary, 2 sprig (0.2 g)
- Salt, 1/2 tsp (3 g)
- Garlic, 4 clove (12 g)
- Chicken breasts, 2 portion (226 g)
- Green Beans, 4 portion(s) (160 g)



## Instructions

Preheat the oven to 400°F (200°C).

Season the chicken breasts with salt on both sides.

In a small bowl, combine minced garlic and chopped rosemary.

Rub the garlic and rosemary mixture evenly over the chicken breasts and green beans.

Place the chicken breasts and green beans on a baking sheet and bake for 8-10 minutes or until the internal temperature reaches 165°F (74°C).

Serve and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	325.4	81.1	162.7
Protein [g]	51.7	12.9	25.9
Fat [g]	6.3	1.6	3.2
Carbs [g]	15.2	3.8	7.6
Fiber [g]	4.6	1.1	2.3
Net Carbs [g]	10.6	2.6	5.3



Protein Fat Carbs

# Berries and Agar Jelly Cups (Unsweetened)

🕒 15 min    🍽️ 4 servings

40 Kcal / serving

0g Protein   1g Fat   10g Carbs

## Ingredients

- **Lemon juice**, 1 tsp (5.1 g)
- **Berries**, 2 cups (310 g)
- **Agar powder**, 2 teaspoon (0.2 g)
- **Water**, 2 cups (472.8 g)



## Instructions

Wash and chop the mixed berries into small pieces.

In a saucepan, combine water and agar powder. Let it sit for 5 minutes to allow the agar to soften.

Place the saucepan over medium heat and bring the mixture to a boil, stirring occasionally.

Reduce the heat to low and simmer for 5 minutes, stirring continuously until the agar powder is completely dissolved.

Remove the saucepan from heat and stir in the lemon juice.

Allow the mixture to cool for a few minutes.

Divide the chopped berries evenly into serving glasses or molds.

Pour the agar mixture over the berries, distributing it evenly.

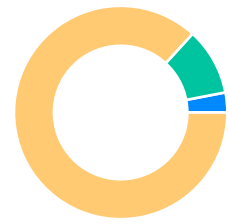
Let the desserts cool to room temperature, then refrigerate for at least 2 hours or until set.

Serve chilled and enjoy!



## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	159.9	20.3	40
Protein [g]	1.3	0.2	0.3
Fat [g]	2	0.3	0.5
Carbs [g]	38.2	4.8	9.6
Fiber [g]	8.4	1.1	2.1
Net Carbs [g]	29.8	3.8	7.5



Protein Fat Carbs

# Broccoli, Ham and Cheese Balls

🕒 20 min    🍽️ 4 servings

140 Kcal / serving

11g Protein    9g Fat    5g Carbs

## Ingredients

- **Parmesan cheese**, 1/4 cup (26.1 g)
- **Garlic powder**, 1 teaspoon (3 g)
- **Mozzarella cheese**, 1 cup (112 g)
- **Ham, Lunchmeat**, 2 slice (46 g)
- **Broccoli**, 1 cups (176 g)



## Instructions

1. Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Cut the broccoli into florets and steam them until tender, about 5-7 minutes.
3. Once the broccoli is cooked, transfer it to a clean kitchen towel and squeeze out any excess moisture.
4. In a mixing bowl, combine the ham, broccoli, shredded cheese, Parmesan cheese, and garlic powder. Mix well until everything is evenly combined.
5. Take small portions of the mixture and shape them into balls. Place the balls onto the prepared baking sheet.
6. Bake in the preheated oven for about 10 minutes or until the balls are golden and crispy on the outside.
7. Remove from the oven and let them cool for a few minutes before serving.
8. Enjoy these delicious broccoli and cheese balls as a snack or appetizer!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	561.4	154.6	140.4
Protein [g]	45.5	12.5	11.4
Fat [g]	34.5	9.5	8.6
Carbs [g]	20.2	5.6	5.1
Fiber [g]	4.8	1.3	1.2
Net Carbs [g]	15.4	4.2	3.9



Protein Fat Carbs



# Shopping List

## Dairy and Egg Products

- Eggs, 16 large (800.8 g)
- Feta cheese, 4 tbsp (68.3 g)
- Fried Egg, 6 large (420 g)
- Boiled Eggs, 1 egg (56 g)
- Hardboiled eggs, 6 large (301.1 g)
- Feta cheese, 3/4 cup (108.7 g)
- Almond milk, 1 cup (250.1 g)
- Parmesan cheese, 0 cup (6.5 g)
- Mozzarella cheese, 1/3 cup (28.1 g)

## Spices and Herbs

- Basil, 1/2 teaspoon (0.5 g)
- Oregano, 2/3 teaspoons (1.5 g)
- Salt, 1/3 teaspoon (1.4 g)
- Pepper flakes, 3/4 teaspoon (1.5 g)
- Pepper, 1/2 tsp (1 g)
- Salt and pepper, 6 1/3 tsp (12.5 g)
- Vanilla extract, 1 teaspoons (4 g)
- Dill, 1 tablespoon (0.4 g)
- Apple cider vinegar, 1/4 tablespoon (3.8 g)
- Thyme, 1/4 tsp, leaves (0.2 g)
- Sea salt, 2/3 tsp (3.7 g)
- Garlic powder, 2 1/3 teaspoon (6.8 g)
- Rosemary, 2 sprig (0.2 g)
- Salt, 1/2 tsp (3 g)
- Salt and pepper, 2 serving (1 g)
- Salt and pepper, 3 servings (1.5 g)
- Apple cider vinegar, 2 tablespoons (30 g)

## Fats and Oils

- Olive oil, 6 1/2 servings (91.1 g)
- Olive oil, 4 teaspoons (16 g)
- Mayonnaise, 1/3 cup (58.5 g)
- Olive oil, 3 tablespoon (40.5 g)
- Sesame oil, 1/3 tablespoon (3.5 g)
- Coconut oil, 1/4 tablespoons (3.3 g)

- Olive Oil, 1/4 tablespoon (3.7 g)
- Extra virgin olive oil, 1/4 cup (54 g)
- Sesame oil, 1/2 teaspoon (2 g)
- Mayonnaise, 2 tablespoon (28 g)

## **Vegetables and Vegetable Products**

- Garlic, 6 clove (18 g)
- Baby spinach, 3 cup (90 g)
- Zucchini, 1/2 cup, chopped (62.1 g)
- Tomatoes, 1/2 cup (74.6 g)
- Bell peppers, 1/2 cup (74.6 g)
- Parsley, 4 tablespoon (16 g)
- Chives, 1 tbsp (2.9 g)
- Lettuce leaves, 8 leaves (8 g)
- Carrots, 1/2 cup chopped (64.2 g)
- Cherry tomatoes, 1 cup (149.2 g)
- Onions, 1/7 cup (20 g)
- Broccoli florets, 1/2 cups (45.6 g)
- Cauliflower florets, 1/2 cups (50.1 g)
- Carrots, 1/2 medium (30.3 g)
- Onion, 1/4 small (18.5 g)
- Garlic, 1/2 portion (1.5 g)
- Cabbage, 1/4 small head (178.4 g)
- Freshly parsley, 1 tablespoon (4 g)
- Cucumber, 1/2 cucumber (149.9 g)
- Tomatoes, 1 medium whole (2-3/5" dia) (122.9 g)
- Onion, 1/8 cup (20 g)
- Carrots, 1 large (7-1/4" to 8-1/2" long) (71.9 g)
- green beans, 1/2 lb (226.6 g)
- Garlic, 2 cloves (6 g)
- Tofu, firm, cubed, 2 portion(s) (249.8 g)
- Green Beans, 6 portion(s) (240.4 g)
- Cucumber, 1/4 cup (32 g)
- Greens, 2 cups (80 g)
- Zucchini, 1/2 medium (97.9 g)
- Garlic, minced, 1 1/2 clove (4.5 g)
- Onion, 1/7 cup (19.3 g)
- Tomato, 1/7 cup (17.9 g)
- Bell pepper, 1/7 cup (18.6 g)

- Parsley, 1 tablespoons (4 g)
- Arugula, 4 cup (80 g)
- Spinach leaves, 1 cups (30.1 g)
- Seaweed snacks, 1 snack pack (5 g)
- Lettuce leaves, 4 leaf, large (60.1 g)
- Tomato, 1 medium whole (2-3/5" dia) (123.1 g)
- Agar powder, 1/2 teaspoon (0 g)
- Broccoli, 1/3 cups (44.1 g)

### **Canned and Jarred**

- Olives, 4 tablespoons (32 g)
- Olives, 1/3 cup (33.8 g)

### **Pork Products**

- Bacon, 6 slice (156 g)
- Pork Tenderloin, 1/3 pound (113.6 g)
- lean ground pork, 1/4 lb (113.4 g)

### **Fruits and Fruit Juices**

- Avocado, 3 1/2 avocado (675.5 g)
- Berries, 1/2 cup (77.5 g)
- Lemon juice, 3 tablespoons (45 g)
- Avocado, 1 1/2 avocado, ns as to florida or california (301.8 g)
- Berries, 1 1/2 cups (232.6 g)
- Lemon juice, 1/4 tsp (1.3 g)

### **Nut and Seed Products**

- Coconut flakes, 1 tsp (5 g)
- Chia seeds, 1 tbsp (12 g)
- Coconut Cream, 1 tbsp (15 g)
- Coconut Milk, 3 cup (681 g)
- Chia seeds, 1/3 cup (40.9 g)
- Pecan nuts, 1 oz (19 halves) (28.4 g)

### **Frozen**

- Ice cubes, 1 cup (236.6 g)

### **Beverages**

- Coffee (Unsweetened), 2 portion(s) (100 g)
- Water, 0 cup (15.4 g)
- Water, 1/2 cups (118.2 g)

## **Soups, Sauces, and Gravies**

- Dijon mustard, 2 1/2 tablespoon (37.6 g)
- Dijon mustard, 1 teaspoon (5 g)

## **Meals, Entrees, and Side Dishes**

- Chicken breasts, 2 1/2 small breast (562.8 g)
- Chicken breasts, 2 portion (226.5 g)
- Ground beef, 1/2 pound (227 g)

## **Legumes and Legume Products**

- Soy sauce, 0 cup (15.1 g)
- Soy sauce, 1 1/2 tbsp (27 g)

## **Poultry Products**

- Chicken, 1 cup, chopped or diced (139.9 g)
- Chicken breast, 1 cooked chicken breasts (172.2 g)

## **Finfish and Shellfish Products**

- Fish, 2 fillet (340.4 g)
- Salmon fillets, 1/2 lb (227.4 g)

## **Beef Products**

- lean ground beef, 1/4 pound (113.4 g)

## **Sweets**

- Dark Chocolate (70%-85%), 2 oz (56.7 g)

## **Sausages and Luncheon Meats**

- Ham, Lunchmeat, 1/2 slice (11.5 g)